

Urbana Senior Center

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September Program Highlights

The Inside Scoop: Education & Ice Cream

Whole Grains

Diets rich in whole grain foods are a key component of a healthy diet to reduce the risk for heart disease, cancer, obesity and diabetes.

Week 1: Introduction to a variety of whole grain products and their health and nutrition benefits

Week 2: Cooking demonstration and the opportunity to taste some of the foods included in the take home recipe booklet

Date: Tuesday, Sept. 16 &
Tuesday, Sept. 23

Time: 6:30 p.m. **Cost:** Free

Lunchtime Open House

Come for a free lunch and learn what's happening this fall at the center.

Date: Monday, September 22
Sign-up by Wednesday, September 17

Time: Served Noon-1:00 p.m.

Cost: Free

Breakfast with Friends

Join us the first Thursday of the month for breakfast! Come anytime 9:30-10:30 a.m. and enjoy a variety of breakfast items.

Date: Thursday, September 4
Sign-up by Tuesday, September 2

Time: 9:30-10:30 a.m.

Cost: \$4.80 (Regular meal cost)

Breakfast with Nurse Steve

Come hear Nurse Steve and enjoy a delicious breakfast for lunch. Nurse Steve's talk will be "Is it contagious? A discussion of transmitted diseases such as shingles, hepatitis and HIV, and protect yourself."

Date: Thursday, September 11
Sign-up by Tuesday, September 9

Time: Noon

Cost: \$4.80 (Regular meal cost)

Current Events Discussion Group

Each session will start with a summarization of an important breaking news event followed by a group discussion about its ramifications.

National, state and local issues may also be discussed. The group will be led by Jeff Trehitt, a retired national trade association media spokesman and former journalist.

Date: Every other Monday, starting Sept. 15

Time: 1:30 p.m. **Cost:** Free

Book Club

Do you like to read? Join us for our new book club. The first meeting will be a discussion of what types of book and which authors we want to read as well as the format of the book club meetings. The group will be led by Jeff Trehitt, a retired national trade association media spokesman and former journalist.

Date: Every other Monday, starting Sept. 8

Time: 1:30 p.m. **Cost:** Free

Picnic - Frederick

The Frederick Senior Center is hosting a picnic. Cakewalk! Door prizes! Picnic bingo (bring one picnic related prize). Lunch: fried chicken, coleslaw, baked beans, fruit, ice cream

Date: Tuesday, September 16
Sign-up by Tuesday, September 9

Time: 10:30 a.m.-1:30 p.m.

Cost: \$5.00 (suggested lunch contribution)

Place: Frederick Senior Center

Fall Exercise Classes

Yoga

Tai Chi: Basic

Tai Chi: Advanced

Strength Training

Exercise to Video